



3 1761 11638709 3

3 1761 11638709 3

[illegible]

A publication of the


3 1761 116387

UNIVERSITY

DRUGS

HANDLE
WITH
CARE

DRUG



Digitized by the Internet Archive
in 2023 with funding from
University of Toronto

2

FOREWORD

Drug science has advanced rapidly in recent years. Millions of lives which would have been lost to disease only a few short years ago are now being saved, and drugs have played an increasingly important role. Although we speak of miracle drugs and stand in wonder at their results, we often tend to forget that these same drugs can be dangerous if improperly used.

“Reaching for a pill” at the first feeling of pain or discomfort could have serious consequences. A drug taken without a doctor’s knowledge could make it more difficult for him to diagnose and treat an ailment because the action of the drug may tend to obscure symptoms he would normally expect to find.

In this booklet, these and other dangers of drug misuse are discussed, and effective safeguards are proposed.

DRUG PROTECTION

It depends on . . .

The Food and Drugs Act and Regulations— they provide the necessary controls in the manufacture, sale and advertising of drugs.

The Food and Drug Directorate — it administers the Act and Regulations.

The Doctor — he has had many years of study and experience in prescribing the right medication for you. There is no substitute for a doctor.

The Pharmacist — he is properly trained to compound, store and dispense the drugs you need.

The Drug Manufacturer — he is responsible for the safety and effectiveness of his product.

All these people have one responsibility in common — to give you the most effective and the safest drugs that modern science can provide.

It also depends on you

You share in that responsibility each time you buy or use a drug.

This is what you should do to protect yourself and your family.



WHEN BUYING DRUGS

Buy drugs from properly authorized persons only.

Drugs sold illegally may be dangerous, habit-forming, or both.

Beware of the "secret medical discovery suppressed by the medical profession": the "secret" is that it is worthless, or even dangerous; its true identity must be concealed from the proper authorities.

Refuse drugs advertised as a treatment, preventative or cure for

- Alcoholism
- Arteriosclerosis
- Blood Poisoning
- Cancer
- Diabetes
- Epilepsy
- Ulcers
- Gallstones, Kidney Stones, Bladder Stones
- Heart Disease
- High Blood Pressure
- Obesity
- Sexual Impotence
- Tumors
- Venereal Disease

Advertising which claims to prevent, treat or cure these diseases is banned. It is banned for your protection. These are serious disorders. Delaying proper treatment may have dangerous and even fatal consequences. **When illness strikes, see your doctor immediately.**



Don't pressure a pharmacist . . .

- to sell you a prescription drug without a prescription;
- to repeat a prescription without a doctor's authorization.

Drugs are placed on prescription because:

- they are too potent to be used except under proper medical supervision;
- they are for treatment of serious disease;
- they may be habit forming.

When a pharmacist refuses your request to sell you such a drug without the necessary authorization, he not only observes the law, he **protects your health.**

WHEN USING DRUGS

Read the label.

Follow directions. Observe warnings.

Take exactly the recommended dosage.

Drug dosages are carefully worked out. Altering the dosage yourself can be dangerous — even fatal.



Don't take a drug that was prescribed for another person, even if you think your symptoms appear the same.

When a doctor prescribes a drug for you he must consider many factors, such as your age, your weight and your general health.

Don't pass your prescription to others.

What's good for you may be harmful to someone else.

Check with your doctor before taking a drug prescribed for you during a previous illness.

In spite of what you think, your present illness may not be the same.

The old prescription may harm instead of help your condition.

Your body may have developed a sensitivity to the drug — taking it again could be dangerous.

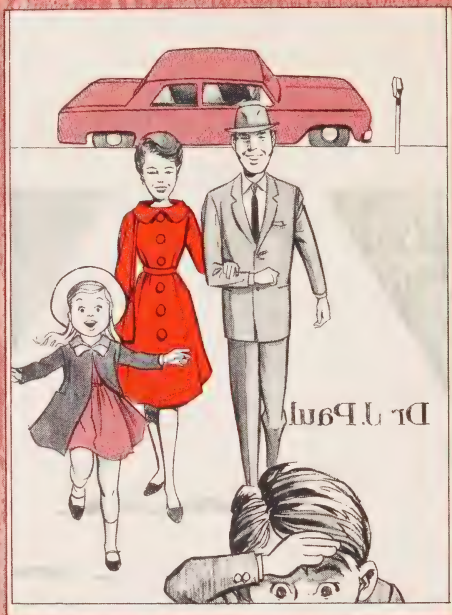
The virus, germ, or other organism causing your illness may have developed resistance to the drug.



Consult your doctor or pharmacist about driving a vehicle or operating machinery while taking drugs.

Drugs may hinder your vision, your alertness, your judgment, your ability to concentrate, or your muscle co-ordination, and they make you drowsy. Some examples are:

- Alcohol
- Tranquilizers
- Narcotics
- Motion Sickness Pills
- Antihistamines (drugs present in preparations used to combat symptoms of coughs, colds, allergies and for other purposes).
- Barbiturates (used to calm nervousness and produce sleep).
- Amphetamines (often called bennies, pep pills, thrill pills, etc.). These may increase your efficiency and alertness **for a short time**, masking your body's normal protective symptoms of drowsiness and fatigue. Then, when your body's reserve energy has been used up, you may collapse. Collapse may be preceded by headache, dizziness, agitation, hallucination, irritability or decreased ability to concentrate. All of these may affect your driving ability without your knowledge.



Don't mix drugs.

Taking some drugs with other drugs without your doctor's knowledge and approval is extremely dangerous. For instance, some drugs may enhance the action of other drugs, as occurs when barbiturates and some analgesics are taken simultaneously. Alcohol also may intensify the effects of some types of drugs. Drugs with similar effects may result in overdosage if taken together. On the other hand, drugs with opposite effects may work against each other.

Don't prolong the use of over-the-counter, or non-prescription drugs, such as antacids, analgesics, laxatives or cough remedies.

A minor ailment that continues may be a symptom of a more serious condition. Your doctor should be consulted about any condition that does not clear up in a few days.

Guessing your illness and then treating it yourself is risky. Prompt medical attention may be needed to save your life. For instance, how would you tell the symptoms of iron deficiency anemia from those of dread pernicious anemia? Or from those of other serious blood disorders?



While it may be all right to take a laxative occasionally when required, remember you should not use a laxative indefinitely without consulting a doctor. Chronic constipation may indicate a very serious disorder needing early medical attention.

Cold remedies do little except relieve the symptoms and the miseries associated with colds. A “common cold” may develop into something more serious requiring special drugs which only a doctor can prescribe.

Don't use analgesic or pain-relieving drugs indefinitely without consulting your doctor.

Even headache tablets may have harmful side-effects if used in excess of the dose recommended or for too long a period. To cite two examples: acetylsalicylic acid (ASA), which is the main ingredient in most headache tablets, can cause serious irritation of the stomach; prolonged and excessive use of phenacetin, contained in many fever and pain-relieving preparations, can cause kidney damage. Remember that pain, such as frequent or chronic headaches, often warns of a graver disorder. Treating the symptom may conceal the real trouble and delay needed help.



Unusual bleeding, itching, numbness and skin disorder may also be signs of illness requiring urgent medical attention. Treating yourself with ointments, suppositories, "rubs", liniments and other medicines may do more harm than good.

DON'T WASTE YOUR MONEY

There is no known cure for certain conditions and chronic ailments. Often the best a doctor can do is to try to reduce pain and discomfort and to counsel against activity which might aggravate the condition. Yet, every year, medical quacks prey on victims of baldness, psoriasis and other skin disorders, arthritis and rheumatism and even cancer, through worthless preparations, treatments, machines, devices and gadgets.

Weight-watchers, too, spend vast sums on preparations and treatments. Prescription products used to depress appetite are effective only if a person follows strictly the diet recommended by a doctor. The safest, surest and cheapest way to lose weight is to see your doctor first and then **follow his instructions.**

Much money is wasted in buying vitamin and mineral supplements which are not needed.



A physician may recommend such supplements for pregnant women, infants, and the sick or convalescent. A normal healthy individual eating a good variety of food in a proper balance does **not** need additional vitamins or minerals. **What's more, excessive doses of certain vitamins may be harmful.**

SAFETY FIRST

For safety's sake handle all drugs as you would poisons.

Keep them under lock and key and out of the reach of children. Never place a drug on a low shelf or table, even for a minute, when children may be around. Return all drugs to safe storage immediately after use.

Read and heed label directions and warnings.

They have been put there for your protection.

Never take medicine in the dark.

A mistake could be fatal.

Never let a child measure or give medication.

This is a task for responsible adults.



Store drugs under proper conditions.

Obtain your pharmacist's advice about storing drugs, as different drugs need different storage. Light, moisture, heat and cold may effect drugs, making them useless, or even bringing about dangerous chemical changes.

Don't save up old drugs.

They're a hazard. Dispose of them when they have served their purpose. Here are a few good reasons:

1. Some drugs lose their strength and thus their effectiveness, e.g. vitamins, antibiotics, insulin, peroxide.
2. Some drugs become too strong or undergo other harmful changes on ageing, e.g. acetylsalicylic acid (ASA) or headache tablets, iodine.
3. Drugs are sometimes withdrawn from sale when undesirable side-effects come to light after the drug has been in use for some time.
4. Labels may get damaged or lost.
5. A temptation exists to pass the drugs along to relatives or friends.



6. All drugs are a poison hazard. The hazard increases with the number of drugs on hand.

Caution: When discarding drugs, flush them down the toilet or otherwise make certain they do not fall into the hands of children.

Remember

Drugs may help you or harm you. It depends on how you use them. Give them the respect they deserve . . . and

Remember

Drugs save life. It's their misuse that kills.

©

Queen's Printer
Ottawa, 1969

Cat. N°: H44-1868

